

Thurmont Senior Center

806 East Main Street, Thurmont, MD

301.271.7911

Anna Rollins & Linda Umbel, coordinators

June 2011



| <i>Mondays</i> | <i>Tuesdays</i> | <i>Wednesdays</i> | <i>Thursdays</i> | <i>Fridays</i> |
|---|--|--|--|--|
| Lunch is served daily at noon w/a reservation. | | 1 9:15am Video Exercise available 11 am Chair Exercises 12:30pm Wii play | 2 9:15 am Video Aerobics 10:00am Van leaves for Catoctin Crk Prk Picnic & Nature Program* 6:30pm Cards, “500” | 3 10:30 am Wii Bowling 1 pm Bridge, Games, Art 1 pm Grocery Shop |
| 6 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 12:15pm Table Talk 12:45 pm Canaries | 7 9:15am Video Aerobics 10am Rummikub 1pm Mah-jongg | 8 9:15am Video Exercise available 11 am Chair Exercises 12:30pm Wii play | 9 9:15 am Video Aerobics 12pm Birthday Luncheon & Movie 6:30pm Cards, “500” | 10 10:30 am Wii Bowling 1 pm Bridge, Games, Art 1 pm Grocery Shop |
| 13 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 12:15pm Table Talk 12:45 pm Canaries | 14 9:15am Video Aerobics 10am Rummikub 1pm Mah-jongg | 15 9:15am Video Exercise available 11 am Chair Exercises 12:30pm Wii play | 16 9:15 am Video Aerobics 10:30am Coffee & Conversation 12pm Remembering Our Fathers Luncheon 6:30pm Cards, “500” | 17 10:30 am Wii Bowling 1 pm Bridge, Games, Art 1 pm Grocery Shop |
| 20 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 12:15pm Table Talk 12:45 pm Canaries | 21 9:15am Video Aerobics 10am Rummikub 1pm Mah-jongg | 22 9:15am Video Exercise available 11 am Chair Exercises 12:30pm Wii play | 23 9:15 am Video Aerobics 10:30am Coffee & Conversation 6:30pm Cards, “500” | 24 10:30 am Wii Bowling 1 pm Bridge, Games, Art 1 pm Grocery Shop |
| 27 10:30am Laughter Yoga w/Lynn 11 am Chair Exercise 12:15pm Table Talk 12:45 pm Canaries | 28 9:15am Video Aerobics 10am Rummikub 12:30pm Nurse Steve Coping with Stress 1pm Mah-jongg | 29 Toby’s Dinner Theatre Trip* 9:15am Video Exercise available 11 am Chair Exercises 12:30pm Wii play | 30 9:15 am Video Aerobics 10:30am Coffee & Conversation 6:30pm Cards, “500” | *Preregistration required. Please see coordinator for cost and details. |